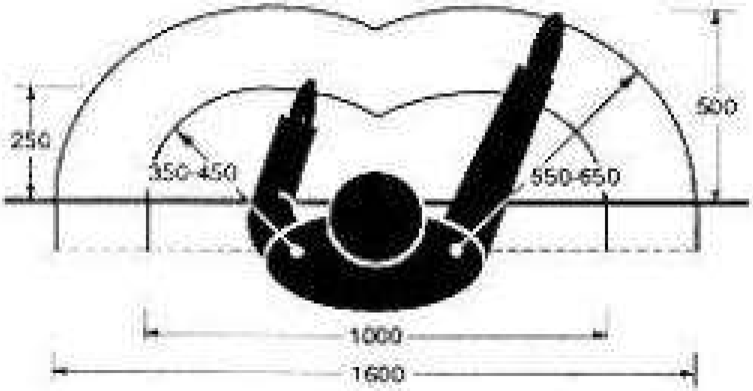
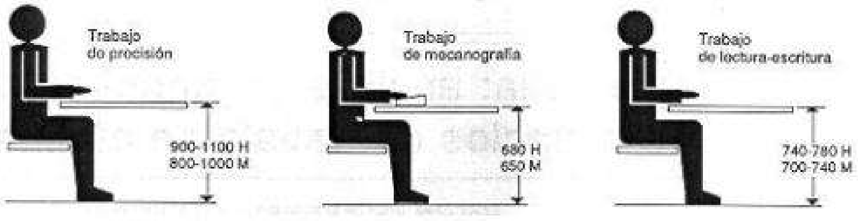
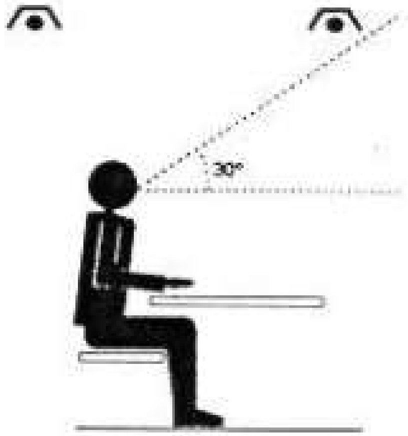
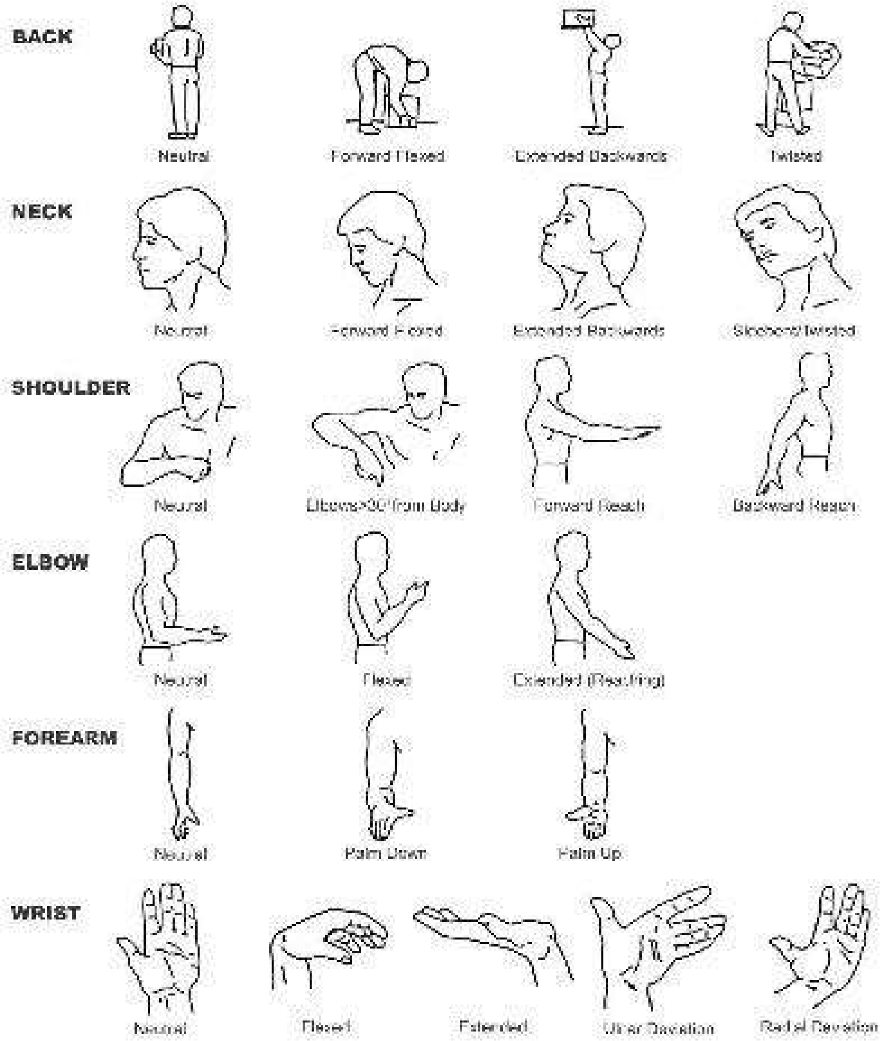
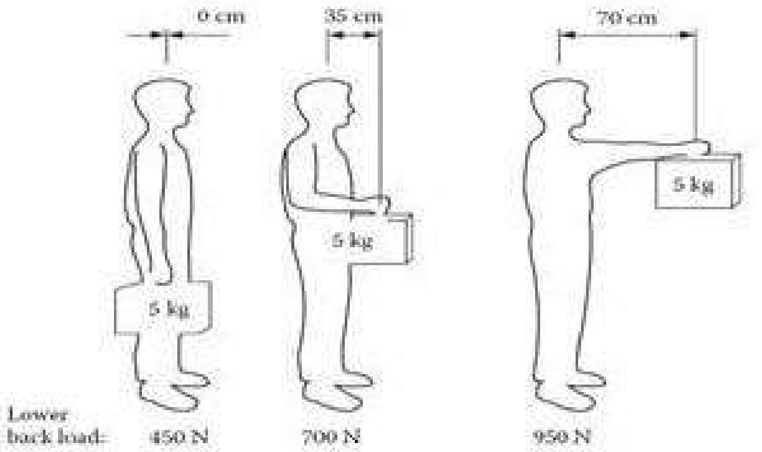

250
500
350-450
550-650
1000
1600


Trabajo
de precisión
900-1100 H
800-1000 M
Trabajo
de mecanografía
680 H
650 M
Trabajo
de lectura-escritura
740-780 H
700-740 M

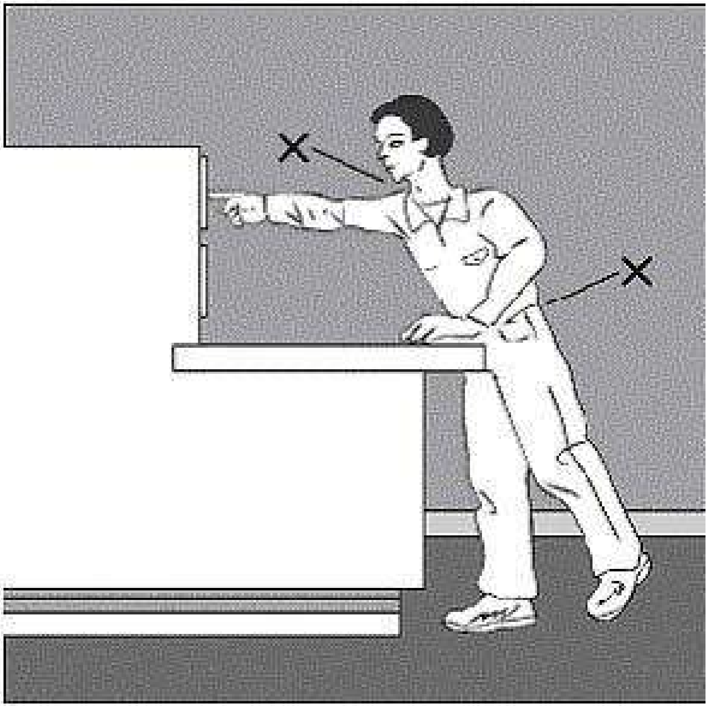

30°

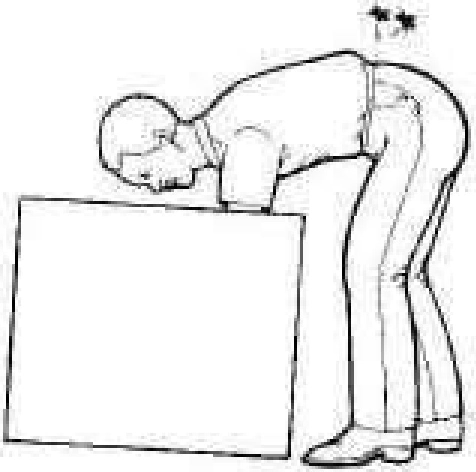
	INVIERNO	VERANO
TEMPERATURA	19 - 21	20 - 24
HUMEDAD RELATIVA	40 - 60	40 - 60
VELOCIDAD AIRE	0,15	0,25
DIFERENCIA TEMPERATURA ENTRE 1,1 y 0,1 m DEL SUELO	< 3°	< 3°

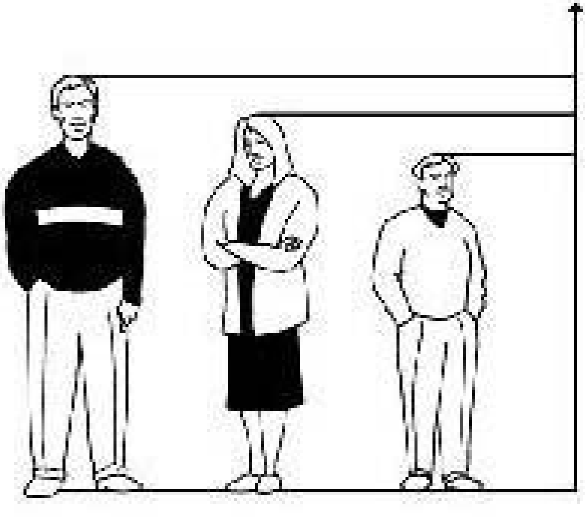

BACK
Neutral
Forward Flexed
Extended Backwards
Twisted
NECK
Neutral
Forward Flexed
Extended Backwards
Sidebent/Twisted
SHOULDER
Neutral
Elbows>30° from Body
Forward Reach
Backward Reach
ELBOW
Neutral
Flexed
Extended (Reaching)
FOREARM
Neutral
Palm Down
Palm Up
WRIST
Neutral
Flexed
Extended
Ulnar Deviation
Radial Deviation

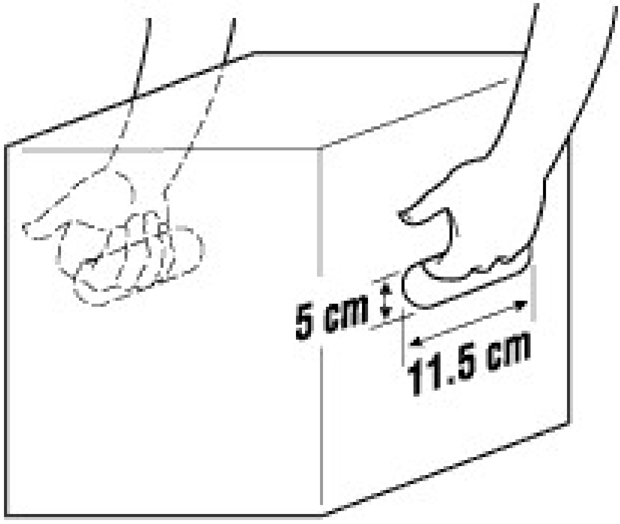


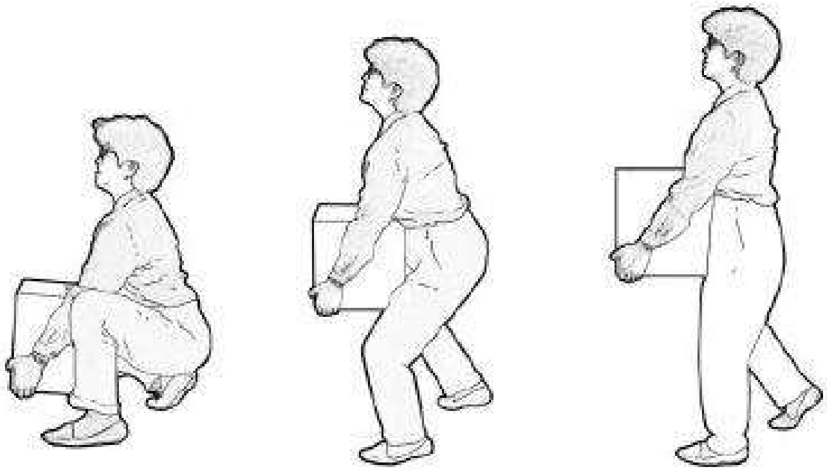
0 cm
35 cm
70 cm
5 kg
5 kg
5 kg
Lower
back load:
450 N
700 N
950 N

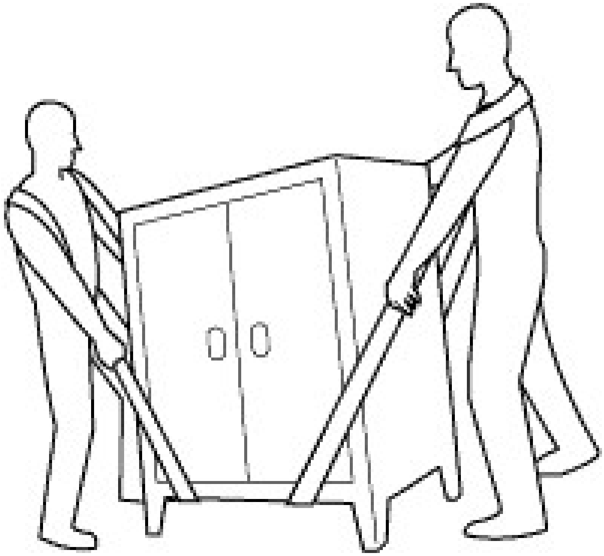


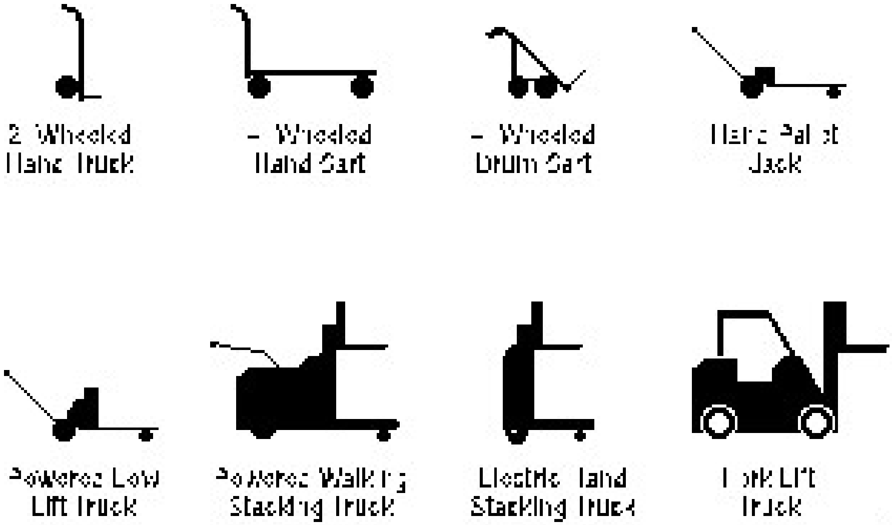


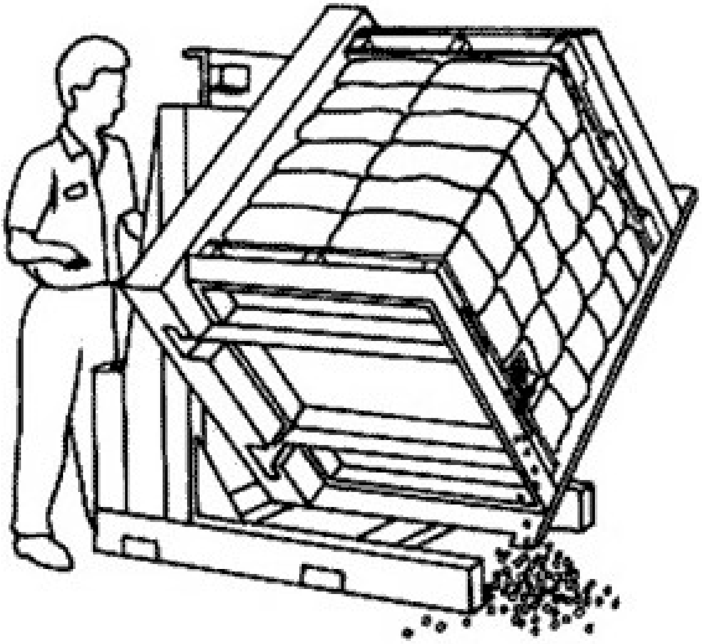


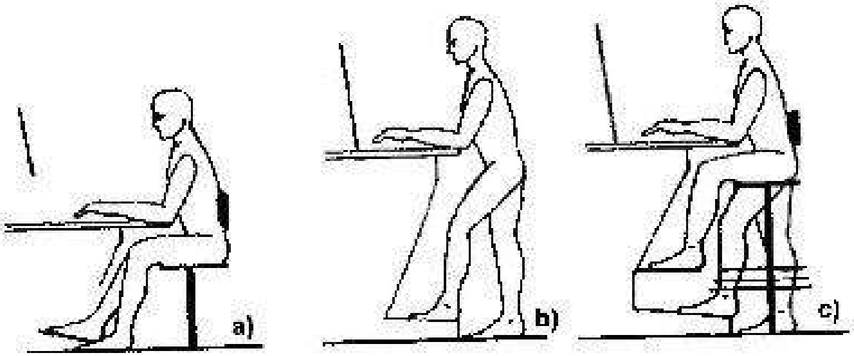

5 cm
11.5 cm

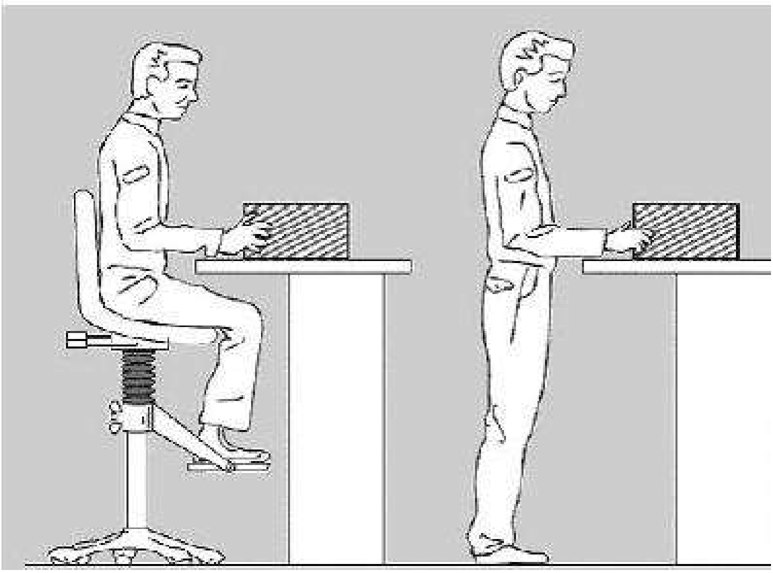


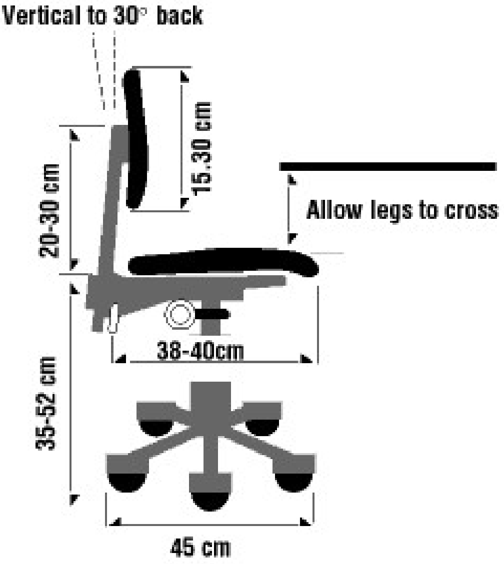


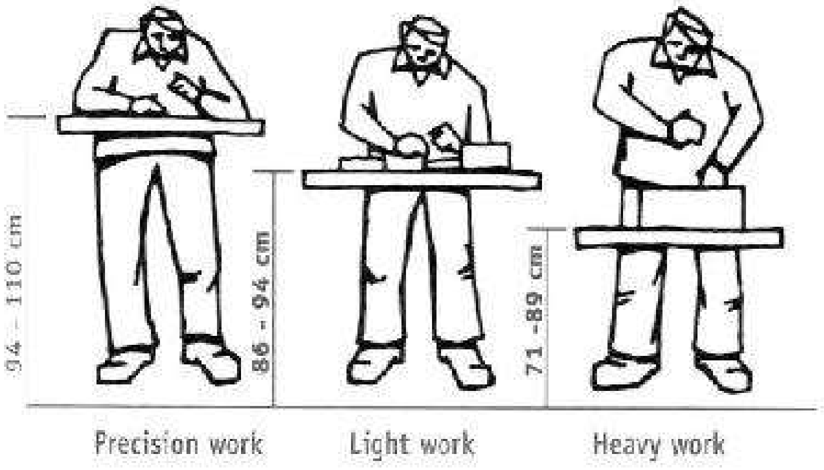

2-Wheeled Hand Truck
4-Wheeled Hand Cart
4-Wheeled Drum Cart
Hand Pallet Jack
Powered Low Lift Truck
Powered Walking Stacking Truck
Electric Hand Stacking Truck
Fork Lift Truck

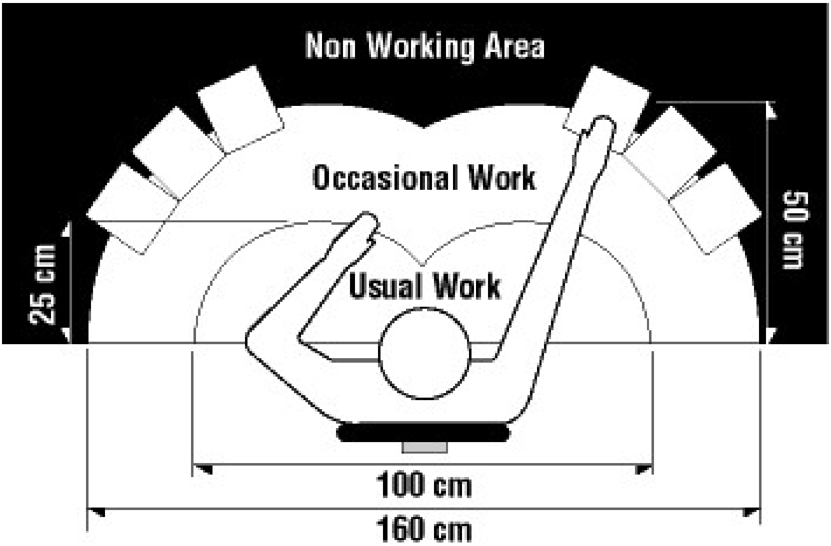


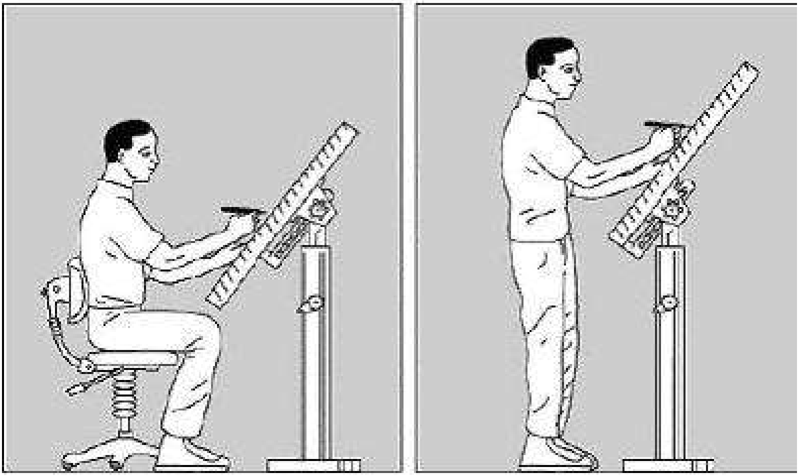

a)
b)
c)

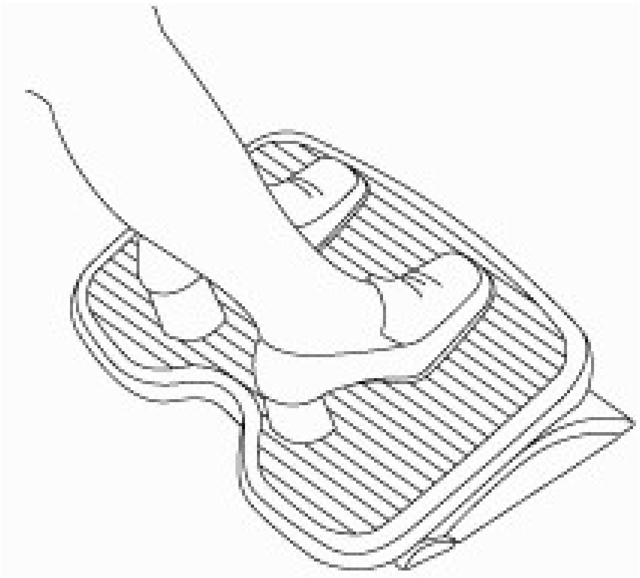


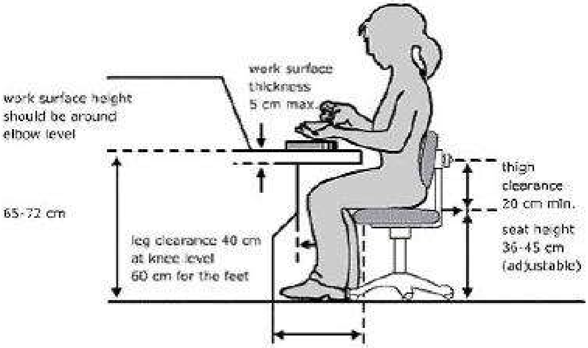

Vertical to 30° back
15.30 cm
20-30 cm
Allow legs to cross
38-40cm
35-52 cm
45 cm

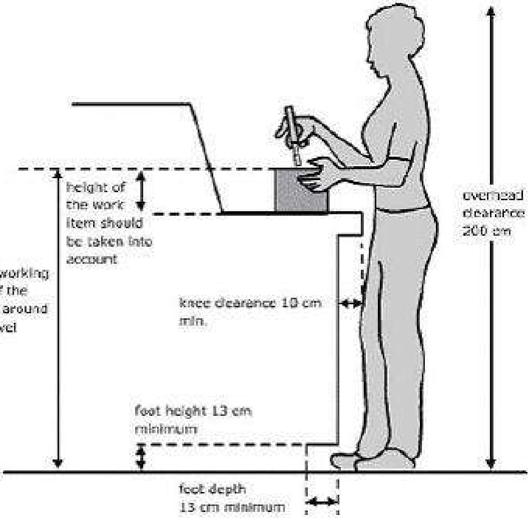

94 - 110 cm
86 - 94 cm
71 -89 cm
Precision work
Light work
Heavy work

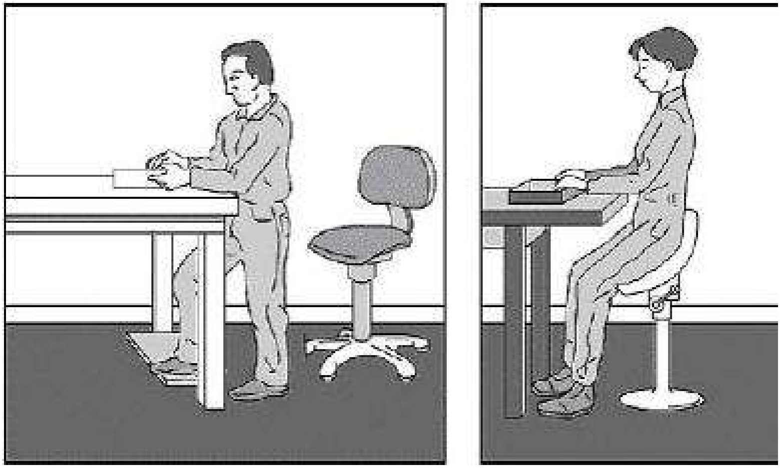

Non Working Area
Occasional Work
Usual Work
25 cm
50 cm
100 cm
160 cm

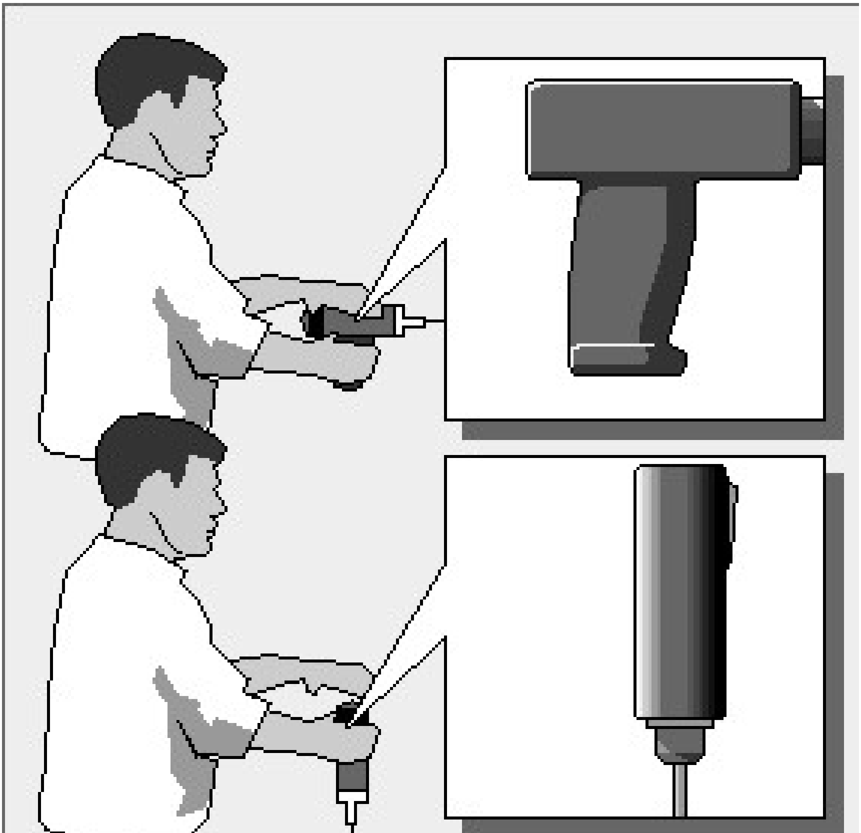


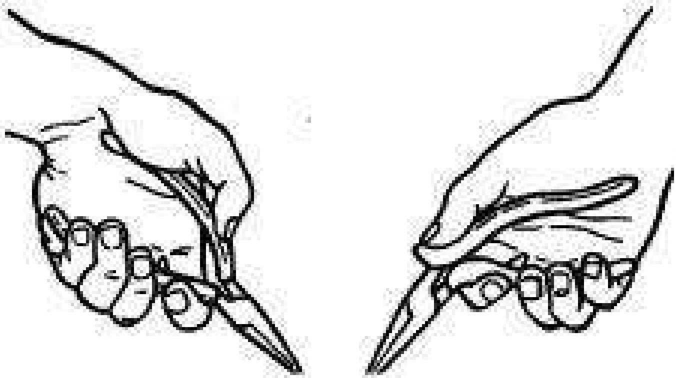



work surface height
should be around
elbow level
work surface
thickness
5 cm max.
65-72 cm
thigh
clearance
20 cm min.
seat height
36-45 cm
(adjustable)
leg clearance 40 cm
at knee level
60 cm for the feet

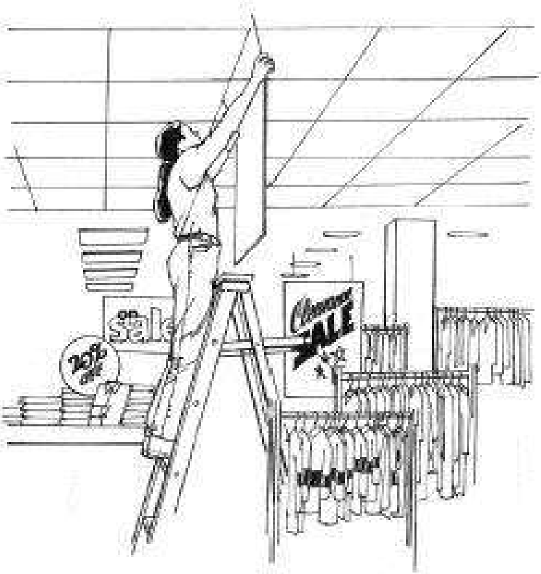

height of
the work
item should
be taken into
account
overhead
clearance
200 cm
optimal working
height of the
hands is around
elbow level
knee clearance 10 cm
min.
foot height 13 cm
minimum
foot depth
13 cm minimum

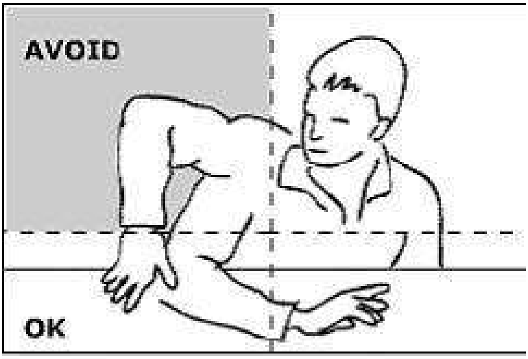


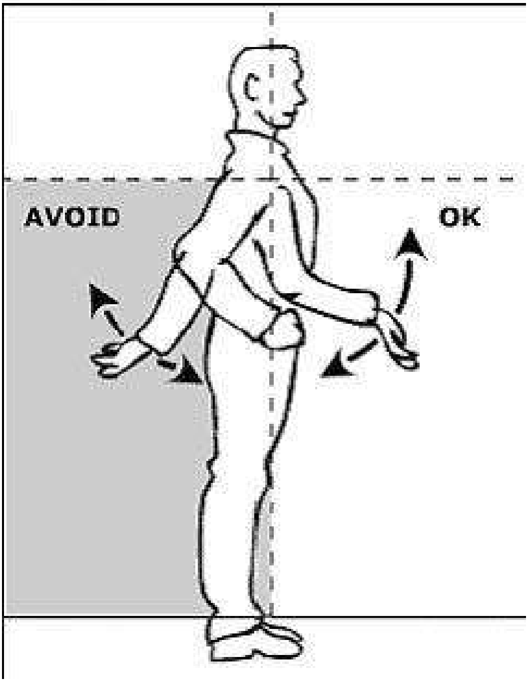




c)


on sale
SALE


AVOID
OK


AVOID
OK